### Grade 9

<table>
<thead>
<tr>
<th>Session #</th>
<th>Grade 9 Title</th>
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<tbody>
<tr>
<td>1</td>
<td>Building Connections</td>
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<td>2</td>
<td>Community Agreements</td>
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<tr>
<td>3</td>
<td>Connecting Through Story</td>
<td>Session 3</td>
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Welcome to Session 1! This is the 1st of 2 sessions about building community. Community is about the relationships and friendships that are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in our classroom.

This is the 2nd of 2 sessions about building community through connecting with peers and beginning to build friendships and relationships that are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in our classroom.

This is the 3rd of 2 sessions designed to develop Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These agreements are designed to help the class to become a safe place where people can be genuine without fear of mistreatment. The agreements are designed to serve as guidelines we can refer to throughout the year.

### Grade 10

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Welcome to Session 1! This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and start creating a sense of safety and community in our classroom.

This is the 2nd of 2 sessions about building community through connecting with peers and beginning to build friendships and relationships that are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in our classroom.

This is the 3rd of 2 sessions designed to develop Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These agreements should help our class to become a safe place where people can be genuine without fear of mistreatment. The agreements should serve as guidelines we can refer to throughout the year.
Session # | Grade 9 | Link
--- | --- | ---
23 | Understanding Social Support | Session 12
12 | Defining Supportive Relationships | Session 13
13 | Practicing Social Support | Session 14
14 | Connecting Values & Friendship | Session 16
15 | Giving Support to Friends | Session 17
17 | Staying True to Your Values | Session 18
18 | Loving Yourself | Session 19
19 | Belonging in Action: Planning | Session 21
20 | Belonging in Action: Evaluating | Session 22
21 | Creating Well-Being Habits | Session 23
22 | Developing Goals | Session 24
23 | Reflecting on the Year | Session 25

Session # | Grade 10 | Link
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23 | Understanding Social Support | Session 12
12 | Identifying Obstacles to Well-Being | Session 12
13 | Staying True to Our Goals | Session 13
14 | Understanding Stress | Session 14
15 | Coping with Stress | Session 15
16 | Promoting Well-Being: Brainstorming | Session 16
17 | Promoting Well-Being: Planning | Session 17
18 | Promoting Well-Being: Developing | Session 18
19 | Promoting Well-Being: Executing | Session 19
20 | Promoting Well-Being: Evaluating | Session 20
21 | Improving Well-Being Habits | Session 21
22 | Reflecting on the Year | Session 22

Session # | Grade 11 | Link
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22 | Understanding Social Support | Session 12
12 | Reflecting on Our Stories | Session 12
13 | Assessing Individual Barriers to Belonging | Session 13
14 | Assessing School Barriers to Belonging | Session 14
15 | Clarifying School Barriers to Belonging | Session 15
16 | Addressing Barriers to Belonging: Brainstorming | Session 16
17 | Addressing Barriers to Belonging: Planning | Session 17
18 | Addressing Barriers to Belonging: Executing | Session 18
19 | Addressing Barriers to Belonging: Evaluating | Session 19
20 | Developing Habits for Belonging | Session 20
21 | Reflecting on the Year | Session 21

Session # | Grade 12 | Link
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22 | Understanding Social Support | Session 12
12 | Developing Well-Being Habits | Session 12
13 | Practicing Well-Being Habits | Session 13
14 | Developing Leadership Habits | Session 14
15 | Practicing Leadership Habits | Session 15
16 | Understanding Effective Empathy | Session 16
17 | Expanding Our Circle of Empathy | Session 17
18 | Practicing Perspective-Taking | Session 18
19 | Leaving A Legacy: Brainstorming | Session 19
20 | Leaving A Legacy: Planning | Session 20
21 | Leaving A Legacy: Executing | Session 21

This is the 3rd of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is through getting support from others. However, social support can backfire if we only focus on the person’s problems and ignore difficult emotions. This session we reflect on and learn about ways to ensure that the support we provide others is truly helpful.

This session introduces the topic of perspective-taking, which is important for building relationships, resolving conflicts, and putting empathy into action. A perspective-taking challenge we explore in this session is understanding the experiences of people whose lives and backgrounds may differ from our own.

This is the 1st of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is through getting support from others. We are often better at giving advice to others than to ourselves. This session we harness that through identifying things we could use support for in different times in our lives and giving good advice and support to ourselves.

This is the 1st of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is through getting support from others. This session we focus on ways to ask others for, and overcome barriers to seeking, social support.

This is the 3rd of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is through getting support from others. This is the 1st of 2 sessions on Stress Coping. The goal is to discuss what we can control versus what we cannot control during stressful times (and what it means to manage that stress). This is the 3rd of 3 sessions focused on identifying Barriers to Belonging. The goal is to help students identify common barriers to creating more belonging in our school. In this session, we take stock and reflect together on what we’ve learned over the last several sessions.

This is the 1st of 3 sessions on Empathy and Perspective-Taking. We focus on “perspective-getting” - a phrase that highlights that effective perspective-taking is an active process that often involves asking questions rather than assuming we know what others are experiencing.
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<tr>
<td>Session 24</td>
<td>This is the 1st of 3 sessions focused on thinking back and reflecting on things we’ve learned and ways we’ve grown this year. This reflection process is important for us to cement the learning we have each done this year. During this process, we will identify what was most valuable, what we used or benefitted from, and what we’ll keep trying to use.</td>
<td>Session 24</td>
<td>This is the 2nd of 3 sessions focused on thinking back and reflecting on things we’ve learned and ways we’ve grown this year. This reflection process is important for us to cement the learning we have each done this year. During this process, we will identify what was most valuable, what we used or benefitted from, and what we’ll keep trying to use.</td>
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<td>Session 25</td>
<td>This is the 1st of 3 sessions focused on thinking back and reflecting on things we’ve learned and ways we’ve grown this year. This reflection process is important for students to cement the learning they have done this year. In this session, we will take that knowledge and put it, along with our hopes, into a letter for ourselves to read at the time of high school graduation.</td>
<td>Session 25</td>
<td>This is the 2nd of 3 sessions focused on thinking back and reflecting on things we’ve learned and ways we’ve grown this year. This reflection process is important for students to cement the learning they have done this year. In this session, we will reflect on important things we learned and how we can put them into action going forward.</td>
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